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## Worksheet for Calculating Grains/Breads Contribution from a Recipe for the Types of Food Products in Groups A-G, Using Grams of Creditable Grains

### Instructions:

1. On the worksheet, list each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.
2. Fill in the quantity (cups, pounds, kilograms, ounces, grams, etc.) of each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.
3. Convert the amount of each enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe to grams. If you do not know the weight per cup of the grain you are using, here are some commonly used conversions:

Number of pounds of ingredient X 453.6 grams

Number of ounces of ingredient X 28.35 grams

Number of cups of *enriched white flour* X 125 grams

Number of cups of *regular rolled oats* X 81 grams

Number of cups of *quick-cooking oats* X 81 grams

Number of cups of *regular cornmeal* X 122 grams

Number of cups of *degermed, enriched cornmeal* X 138 grams

Number of cups of *stone ground cornmeal* X 132 grams

Number of cups of *wheat bran* X 58 grams

Number of cups of *wheat germ* X 115 grams

Number of cups of *whole wheat flour* X 120 grams

4. Add the grams for each grain ingredient to determine the total grams of enriched or whole-grain meal and/or flour, bran, and/or germ in the recipe.
5. Divide the total grams of creditable grains in the recipe by the number of portions in the recipe to determine the number of grams of creditable grains per portion of food product.
6. Divide the number of grams of creditable grains per portion by 14.75 grams (reference amount of enriched or whole-grain meal and/or flour, bran, and/or germ in one grains/breads serving).
7. Round down to the nearest 1/4 grains/breads serving.



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**Worksheet:**

1. Creditable Grain Ingredient	2. Quantity	3. Convert to Grams	Grams
		X	=
		X	=
		X	=
		X	=
		4. Total Grams	=

5. Total grams *divided by* number of portions in recipe:

Total grams  
creditable grains =  
from step 4 \_\_\_\_\_  
\_\_\_\_\_ = \_\_\_\_\_ number of grams creditable  
Number of portions grains per portion  
per recipe = \_\_\_\_\_

6. Divide number of grams per portion (answer from step 5) by 14.75:

\_\_\_\_\_ = \_\_\_\_\_ grains/breads serving(s)  
14.75

7. Round *down* to the nearest 1/4 grains/breads serving.

= \_\_\_\_\_ creditable grains/breads servings